

Supplementary File 2. Baseline participant demographic information for participants who withdrew from the study or were lost to follow up and did not complete the primary endpoint (LTFU) at 6 weeks and 3 months.

<i>Measure</i>	Final sample (N = 144)	Withdrawn (N = 14)	LTFU at 6 weeks (N = 20)	LTFU at 3 months (N = 11)
Age: M (SD)*	51.1 (14.7)	58.2 (10.9)	43.2 (14.0)	38.3 (14.4)
Ethnicity (%)	White (97%), Indian (3%)	White (100%)	White (100%)	White (81%), Chinese (9%), other (1%)*
Education (%)	School (22%), Degree/Diploma (57%), Postgraduate (20%), Other (1%)	School (40%), Diploma (20%), Degree (20%), Other (20%)	School (25%), Degree/Diploma (45%) Postgraduate (30%).	School (27%), Degree/Diploma (55%), Postgraduate (18%).
Weekly internet use: M hours (SD)	17.2 (14.3)	15.1 (7.5)	16.7 (14.4)	26.3 (26.4)
Meditation experience (%)	Not heard of it/don't know about it (14%), never tried it (30%), tried other types of meditation (23%), tried mindfulness (25%), regularly practice mindfulness (7%).	Not heard of it/don't know about it (20%), never tried it (60%), tried other types of meditation (20%).	Not heard of it/don't know about it (10%), never tried it (35%), tried other types of meditation (30%), tried mindfulness (20%), regularly practice mindfulness (5%).	Not heard of it / don't know about it (18%), never tried it (54%), tried other types of meditation (9%), tried mindfulness (9%), regularly practice mindfulness (9%).
<i>Years since diagnosis</i>	26.1 (15.9)	19.2 (19.2)	29.8 (18.1)	23.4 (19.1)
<i>Asthma-related Quality of Life (AQLQ)</i>	5.44 (1.0)	5.72 (0.9)	5.27 (1.1)	5.24 (1.2)
<i>Symptoms subdomain</i>	5.24 (1.2)	5.45 (1.0)	5.11 (1.2)	4.87 (1.4)
<i>Environment subdomain</i>	4.97 (1.3)	5.30 (1.3)	4.78 (1.3)	4.80 (1.5)
<i>Emotions subdomain</i>	5.44 (1.3)	5.80 (1.0)	5.22 (1.3)	5.33 (1.3)
<i>Activities subdomain</i>	5.91 (1.0)	5.91 (1.0)	5.80 (1.2)	5.84 (1.0)
<i>Asthma Control (ACQ)</i>	1.14 (0.9)	1.02 (0.7)	1.25 (0.9)	1.37 (1.0)
<i>Anxiety (HADS-A)</i>	7.72 (4.3)	5.79 (3.8)	8.58 (3.7)	8.50 (4.3)
<i>Depression (HADS-D)</i>	4.34 (3.7)	4.00 (3.7)	4.97 (3.7)	3.93 (3.1)
<i>Mindful Awareness (PHLMS-Aw)</i>	30.7 (7.9)	27.6 (6.6)	30.1 (7.3)	32.1 (7.3)
<i>Mindful Acceptance (PHLMS-Ac)</i>	34.7 (6.4)	33.2 (3.6)	35.3 (6.5)	34.0 (7.5)
<i>Medication Adherence (MARS-A)</i>	37.9 (8.5)	39.4 (9.0)	38.2 (8.8)	35.8 (7.9)

Note(s): Some demographic questionnaires were not compulsory and the data reported is from all available participants. ACQ (lower scores equate to better control); AQLQ (higher scores equate to greater impairment); HADS (higher scores equate to more anxiety). PHLMS (two subscales of awareness and attention, in which higher scores equate to more mindfulness); MARS-A (higher scores equate to better adherence). *Chi-square test could not be conducted due to insufficient cases in cells.